



312 N River Street, Ypsilanti MI

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www.ypsifoodcoop.org

# Ypsi Mix

## Learn about GMOs in October



GMOs, or “genetically modified organisms,” are plants or animals that have been genetically engineered with DNA from bacteria, viruses or other plants and animals. These experimental combinations of genes from different species cannot occur in nature or in traditional crossbreeding, and many shoppers prefer to avoid them. While changing shopping habits can seem intimidating at first, by following these basic tips you can feel confident that you know what you're feeding your friends and family.

**Produce:** Choose organic produce to avoid chemical pesticides and herbicides, and try to buy local produce to support a strong, sustainable regional economy and your local farmers. Watch out for papaya from Hawaii, conventional zucchini and

yellow summer squash, and sweet corn, all of which are common GMO crops.

**Meat/Dairy:** GMO corn and soy are common ingredients in feed. Look for Non-GMO Project Verified dairy, eggs, meat and fish for assurance that the animals have been fed a non-GMO diet. Choosing organic, grass-fed or wild-caught is a good strategy when a Verified option isn't available.

**Packaged:** These foods have the highest risk for containing GMOs. Corn, soy, canola and sugar beets show up on lots of ingredient panels, both in recognizable forms and also hiding in other, more processed ingredients. Oils, sweeteners, flavorings and vitamins are just a few of the many examples of ingredients derived from high-risk crops.

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## October is National Co-op Month: “Why Co-ops?”

For Co-op Month, we asked our Board Members to answer the question **Why co-ops?** and especially, **Why the Ypsilanti Food Co-op?**

Liz MacGregor answered “Why co-ops?” this way: “It's important to me to invest in my community. That means buying local food and products as much as possible, because more of the money spent at local businesses stays in the community.”

New Board member Jesse Tack said, “Co-ops represent one of the few democratic economic structures in American society. In this way, I think co-ops are crucial for individuals to ‘occupy’ within their bio-region. When we feel disempowered by the innumerable ills in modern economic systems, then we could scarcely do better than to join, start, and grow co-operatives in our towns, cities, and neighborhoods.”

David Choberka put it this way: “Consumer cooperatives enable those who rely on their goods and services to be the owners, not just the customers. They are an important way for people to ensure that a business like a grocery store exists to provide quality food.”

Why the YPSI Food Co-op? Jeff Clark said, “This friendly

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## A Peek at Produce - New Ideas for Winter Squash

—By Jen Whaley, Produce Manager

Winter squash is a  
low-calorie,  
high-fiber source  
of vitamins A & C,  
as well as potassium,  
manganese, folate,  
and omega 3  
fatty acids

Winter squash. You've tried it in soup, mashed it, and loaded it with butter and brown sugar. Maybe you're not a huge fan, or maybe, like me, you can't get enough. Either way this early fall weather has me thinking about more creative uses for this versatile veggie family, which includes butternut, acorn, buttercup, pie pumpkins, and many more. Here's a few ideas:

**Pasta sauce:** Purée roasted squash with a little stock or cream and season as desired (I like salt, pepper and fresh sage). Toss with cooked pasta for a dish that is versatile, flavorful and beautiful.

**Baked squash rings:** Slice acorn squash into 1/4" rings, dot with butter, brown sugar, salt and pepper, and bake for 20 minutes. Simple and quick!

**Bake into bread:** Use puréed squash in your favorite quick bread or muffin recipe – a great way to hide veggies if you have kids!

**Use as a filling:** Squash is versatile and mild in flavor. Get creative! Season puréed squash and use it in lasagna, ravioli, or stuffed shells, even spring rolls or stuffed pork chops.

So if you haven't tried winter squash in a while, get out of the soup rut and give it another chance! (See Winter Squash & Greens Sauté recipe on back page!)



## Local Vendor Focus - Grazing Fields Egg Co-op

—By Lisa Bashert

Grazing Fields cooperative started in 1997. Sixteen years later, there are seven farmers producing eggs for the co-op and about 35 wholesale customers. Eaton, Ingham, Montcalm, and Oceana counties are all represented.

Grazing Fields farmers don't feed antibiotics, many grow some of their own chicken feed, and all let the chickens out into the run each afternoon. Eggs are hand-collected from the nest boxes in the chicken coop. Grazing Fields Co-op is working on becoming "Certified Humane." For this certification, each hen must have 3 ft<sup>2</sup> of space inside the coop—room to stretch & scratch. The co-op follows the work of animal advocate Temple Grandin, who encourages farmers to create an environment for animals to express their essential nature.

It's challenging to keep a balance between production and demand. Chickens like to lay in the summer. Yet sales can be down 15% in summer due to customers shopping

at farmers markets, eating out, and traveling. Customers want more eggs in the winter!

Recently, the co-op secured a loan for a refrigerated truck thru Co-Bank. Farmers bring in their eggs on Tuesdays and they go immediately onto the delivery truck. Grazing Fields employs a part-time driver, bookkeeper & a customer service staffer. In addition to eggs, Grazing Fields now delivers for Moo-ville Family Creamery and Otto's Chicken Processing. This diversification helps support the local food system and defray the expense of the truck loan.

New egg laws (2011) also present some challenges—farmers must be licensed to process eggs on the farm, requiring major infrastructure investment in the form of new septic systems and drain fields for better egg sanitation.

The Ypsi Food Co-op is proud to carry Grazing Fields eggs!



# National Solar Tour — Ypsi Style

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—By Dave Strenski for Solar Ypsi

On October 5 from 10am-4pm, join the National Solar Tour by visiting the solar installations in and around the city of Ypsilanti, Michigan. Solar Ypsi is organizing this year's tour again with over 10 solar installations within walking distance of each other, and several more a short drive away. All sites are listed on the [Solar.Ypsi.org](http://Solar.Ypsi.org) website with complete details about each installation.

Solar Ypsi suggests visitors start by driving by GW Kent off I-94 (exit 183), heading north on Huron Street. They have almost 20kW on their roof, but it's hard to see from the street. As you continue north, stop at 403 S. Huron and check out the 40 solar panels on the roof and car port in back. This location is actually three different systems, one for each apartment.

Turn left on Buffalo Street and then right on Washington to see a small 4 panel installation on the back of 314 S. Washington. Dawn will be around to tell you about her solar installation. Next, stop at City Hall (1 S. Huron) where Dave Strenski will be giving continuous solar talks and answering questions about solar power.

From there, head over to the Ypsilanti Food Co-op at 312 North River Street where you will learn about three different installations on their roof: a 2.3kW system installed in 2005, the 6.0kW system that powers 100% of the River Street Bakery, and the newest 4.0kW system. Volunteers will be on hand to answer questions and show you the inverters, panels, and meters. They will also be selling Solar Ypsi t-shirts!

Then make your way over to Adams STEM Academy at 503 East Oak Street to see a solar awning installation

up close on the side of the school. From there, head over to 817 Hemphill where Larry will be explaining the solar installation that he's been working on over the past summer. If you need a WiFi connection during the tour, stop by Frog Island Park, at 600 Market Place or Hamilton Crossing where there are free solar-powered Wireless Ypsi WiFi hot spots.

On the west side of Ypsilanti, you need to stop and visit Amy at 8 N. Mansfield Street. Not only is there a very visible 4kW installation on the garage, but Amy is a licensed electrical contractor and solar installer. Amy just installed a brand-new Michigan-manufactured 2.9kW array at 909 Grant Street (not visible from the street.)

A good place to end your solar tour is at the Corner Brewery, 720 Ferris Street, where they have a very large installation of 140 Detroit-made PowerPanels. They will have beverages on tap and food to recharge your minds. Garth from PowerPanel will be on hand to explain the Brewery's solar installation and the unique technology of their panels that collect both electrical and thermal energy.

Don't forget to visit some of the other solar installations in the area, either before or after you visit Ypsilanti, a "Solar Destination."

Ypsilanti is seeking to lead the state by installing 1,000 solar roofs in the city. Could your roof be one of them? Please contact Dave Strenski, [<dave@strenski.com>](mailto:dave@strenski.com) for more info and to find out more about Solar Ypsi.





HOW DOES  
YOUR GROCERY  
STORE

# CHECK OUT?



## CO-OP (CONSUMER OWNED)

## CONVENTIONAL (PRIVATELY OR INVESTOR OWNED)

### LOCAL IMPACT



157

LOCAL FARMERS  
AND PRODUCT  
PRODUCERS WORKING  
WITH EACH STORE

65

20%

LOCALLY SOURCED  
PRODUCTS SOLD

6%

13%

PERCENTAGE OF  
INCOME DEVOTED TO  
CHARITABLE  
DONATIONS

4%

38%

REVENUE SPENT  
LOCALLY

24%

### HEALTHY & SUSTAINABLE FOODS



82%

ORGANICS AS A  
PERCENTAGE OF  
PRODUCE SALES

12%

48%

ORGANICS AS A  
PERCENTAGE OF ALL  
GROCERY SALES

2%

### EMPLOYEES



\$14.31

AVERAGE EMPLOYEE  
EARNINGS, INCLUDING  
BONUSES AND  
PROFIT SHARING

\$13.35

68%

EMPLOYEES ELIGIBLE  
FOR HEALTH  
INSURANCE

56%

19%

REVENUE SPENT  
ON LOCAL WAGES  
AND BENEFITS

13%

### ENVIRONMENTAL IMPACT



96%

RECYCLING RATES

CARDBOARD

91%

81%

PLASTICS

29%

74%

FOOD WASTE

36%

82

AVERAGE ENERGY  
STAR SCORE  
OUT OF 100

50

BUY  
LOCAL

[www.STRONGERTOGETHER.coop](http://www.STRONGERTOGETHER.coop)

\$

1

2

3

CASH

AMT

# October Events

**Saturday Oct 5, 10am - 4pm**

## **Annual Solar Tour, start at Ypsi Food Co-op**

More than 10 sites in Ypsilanti will be featured on the annual national solar tour, including the Co-op and River Street Bakery. Stop by YFC to find out more about renewable energy in Ypsilanti.

Solar Ypsi t-shirts will be available for sale at the store.

**Wednesday Oct 2, 7pm**

## **Election Committee meeting at the Co-op**

The Election Committee of the Board of Directors will meet primarily to discuss in-store voting logistics.

**Friday Oct 11, Potluck 6pm, Film 7:30pm**

## **Film: "Promised Land" at Downtown Ypsi District Library 229 W Michigan Ave, Ypsilanti**

Immediately follows the 6pm Growing Hope Community Potluck—all are invited! The Sustainability Film Series is co-sponsored by YFC, Growing Hope, and Transition Town Ypsi, "Promised Land" stars Matt Damon, John Krasinski, and Frances McDormand, was written by Dave Eggers and was directed by Gus Van Sant. This film follows two corporate salespeople who visit a rural town in an attempt to buy drilling rights from the local residents, and deal with issues of hydraulic fracturing.

**Monday Oct 14 6:00-6:45pm**

## **New Member Orientation at the Co-op**

"Get to Know Your Co-op!" with a short presentation and tour of the store. Get a 12% grocery discount for attending!

**Wednesday Oct 16 5:30pm**

## **Solar Ribbon Cutting at the Co-op**

The Ypsi Food Coop's 4 kW solar system has been commissioned by DTE and is up and running. Join us to celebrate with appetizers, photos, speeches and the official ribbon-cutting ceremony!

**Sunday Oct 20 2pm**

## **Co-op Tour of Sunward Co-Housing**

**424 Little Lake Drive, Ann Arbor**

Meet at YFC at 1:30pm to carpool. (See article on Sunward Co-Housing on back page.)

**Thursday Oct 17 6:30pm**

## **Board of Directors Meeting**

Board meetings are open to the general membership to observe and participate in except when an executive session is called.

Enter at 308 N River St.

-- in office upstairs.

## "Why Co-ops?" article, continued from page 1

little anti-capitalist beacon (YFC) has thrived in our community for over forty years. What else has?!"

David stated, "First, the YFC is the best place to purchase quality groceries in town. In addition, it provides a much-needed local grocery shopping option and supports local producers of fruits and vegetables, YFC is leading local efforts in laudable endeavors like solar energy and honeybee stewardship."

Jesse expanded, "If you live in or near Ypsilanti, then this is (y)our Co-op. Since the '70s, YFC has stayed afloat

and alive through incredible consolidations of agribusinesses. Together, WE have weathered many economic storms so that you do not need to start your own. You can cooperatively own a business that stands for your town, for just and sustainable economies, and local sustainable food systems. Thank you, YFC!"

Liz concluded, "It's my store. There are very few opportunities for a person of modest means to own a business. YFC invests in more than just the bottom

line—the almighty dollar—but in the seven cooperative principles (right). Plus, it's the only place I can walk to get my groceries."

And, from Joel, our board's consultant on governance and cooperatives, a link to more information (pg 4, left):

[StrongerTogether.coop](http://StrongerTogether.coop)  
[Co-op Impact Study](#)

## The Seven Cooperative PRINCIPLES

**1**

### **Voluntary and Open Membership:**

Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership.

### **Democratic Member Control:**

Cooperatives are democratic organizations controlled by their members, who actively participate in setting policies and making decisions.

**3**

### **Members' Economic Participation:**

Members contribute equitably to, and democratically control, the capital of their cooperative.

### **Autonomy and Independence:**

Cooperatives are autonomous, self-help organizations controlled by their members.

**5**

### **Education, Training and Information:**

Cooperatives provide education and training for their members, elected representatives, managers and employees so they can contribute effectively to the development of their cooperative.

### **Cooperation Among Cooperatives:**

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together.

**7**

### **Concern for Community:**

While focusing on member needs, cooperatives work for the sustainable development of their communities.



## Ypsilanti Food Co-op

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### Special Thanks to:

*Newsletter contributors and all our coordinators, volunteers and members*

### Printer

Standard Printing, Ypsilanti, MI

Printed on 100% recycled paper

from the French Paper Company of Niles, MI

# Explore Sunward Co-Housing on 10/20

Sunward's founders pioneered the co-housing model in Michigan, facing many challenges to convince municipal authorities and financial institutions that their experiment in social cooperation could be viable.

The community is made up of 40 households, including couples, single individuals, single parents, empty nesters, young families with children, and unrelated adults, ranging in age from infants to octogenarians.

Sunward's vision is a community in which the residents share and work together to create a safe, joyful, and satisfying life. This includes:

- \* Dealing with a diversity of opinions, expectations, and life experiences

- \* Learning to discern, respect, and balance the differences between individual desires and the collective good

- \* Creating a beautiful legacy for future generations

The core values that guide actions and decisions include caring for each other and the environment; dialoging to seek clarity and build connections; and collaborating to find solutions.

Join YFC in touring Sunward on Sunday October 20 from 2-4pm. Meet at the Co-op to carpool there at 1:30pm.

*(Continued from page 1)*

In many cases, it is impossible to assess GMO risk just by looking at an ingredient label. Congressional Research Services estimates that 60 to 70% of processed conventional foods contain GMO ingredients. That's why Ypsi Food Co-op and the National Cooperative Grocers Association (NCGA) support the Just Label It campaign, begun in 2011. We support mandatory labeling on the grounds that all shoppers have a right to know and make their own choice about GMOs.

More than 1.2 million people have already signed the petition to the FDA, more than any other petition in FDA history. Join the YFC and other food cooperatives' legacy of championing consumer rights by signing the petition at:

<http://justlabelit.org/>

## Winter Squash & Greens Sauté

### Ingredients:

- 3 tablespoons olive oil
- 2 tablespoons butter
- 1 pound potatoes, cubed
- 1/2 pound shiitake mushrooms (optional)
- 1 red bell pepper, diced
- 1 small winter squash, diced
- 1 shallot, minces
- 3 cloves garlic, minced
- 1 pinch salt
- 1 pinch ground black pepper
- 1 cup chopped kale
- 4 sprigs fresh sage

### Directions:

Place oil & butter in a large skillet over medium heat. Melt butter and mix in squash, potatoes, red pepper, mushrooms (if using), garlic and shallot. Season with salt and pepper.

Cook 25 minutes, turning occasionally with spatula, until potatoes are tender



Squash, potatoes, and greens make this delicious sauté easy and versatile

and squash is cooked through.

Mix kale and sage into skillet.

Continue cooking 5 minutes, until kale is wilted. Enjoy hot!

Almost any kind of medium sized winter squash works well in this dish (acorn, butternut, buttercup, red kuri, delicata). Similarly, collards or any type of kale can be substituted, according to your taste.